

EXHIBIT Q

THE
BRIDGING
MODEL

PSYCHEDELIC
THERAPY
ACADEMY

Chelsea Diva, CPP

Appointment Dates



#1

Preparation 9/4/24
1300

Guided Journey: _____

Follow Up _____

#2

Preparation 9/25/24

Guided Journey: 9/26/24

Follow Up _____

#3

Preparation _____

Guided Journey: _____

Follow Up _____

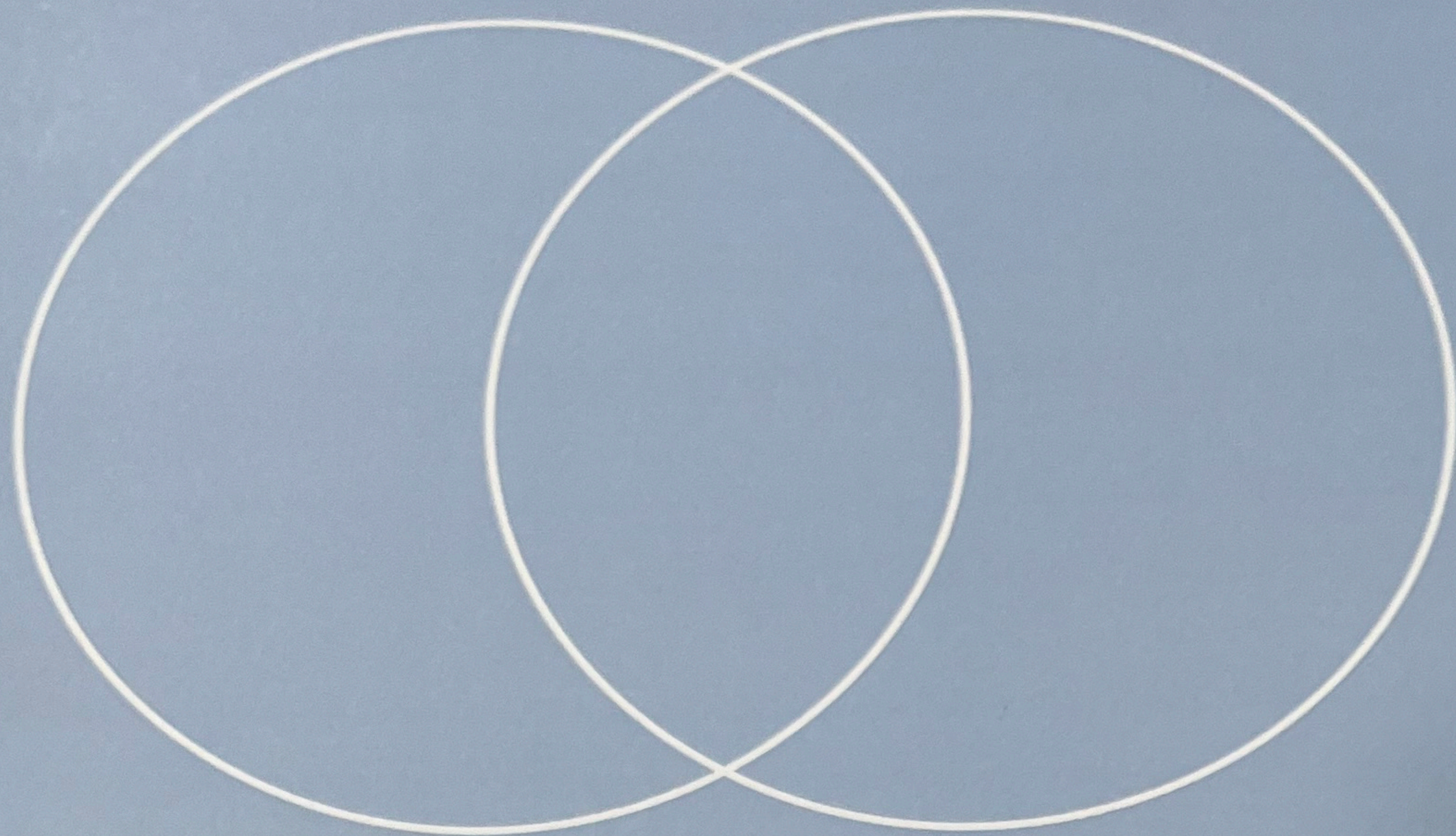
#4

Preparation _____

Guided Journey: _____

Follow Up _____

Additional Appointments

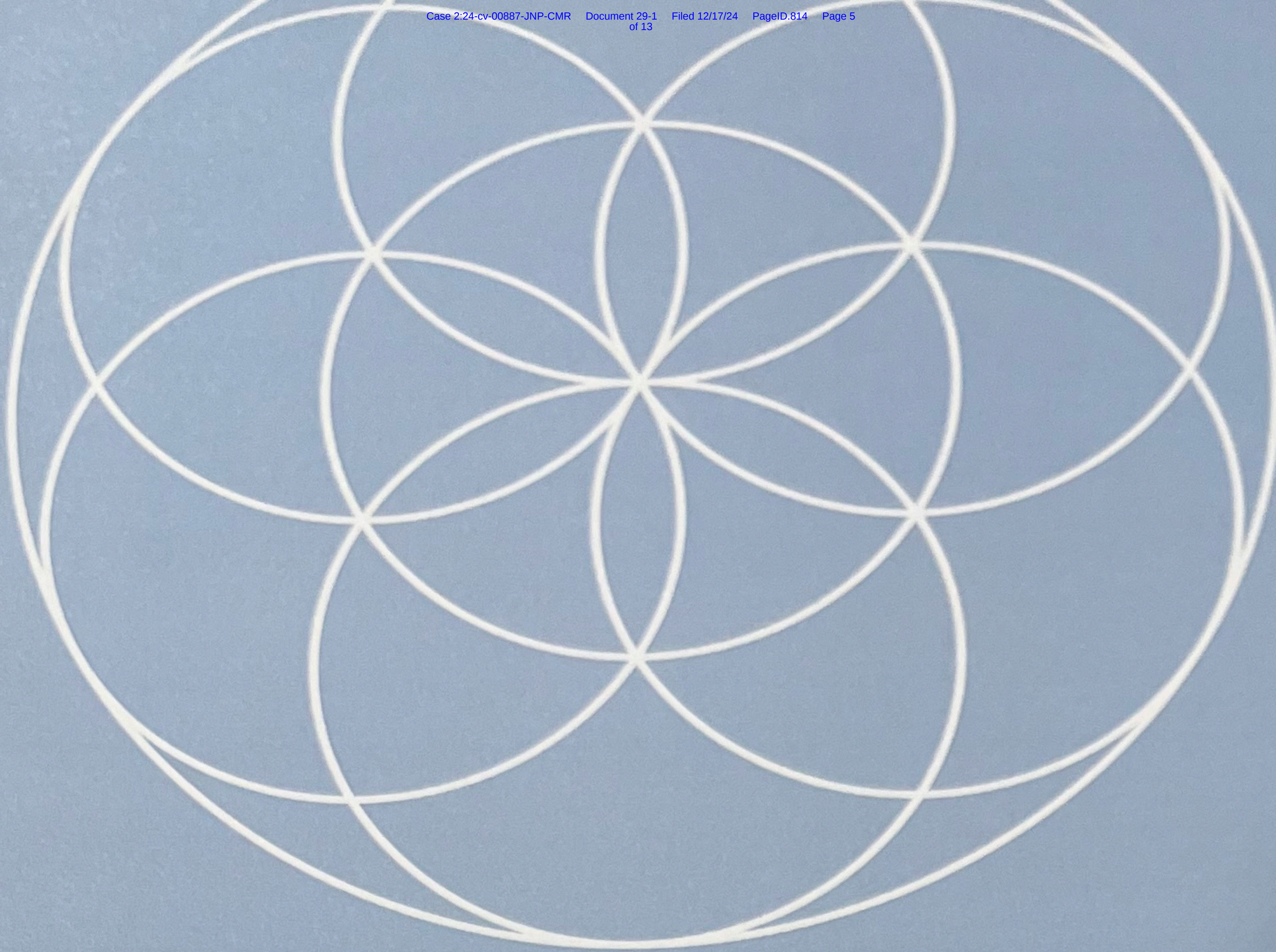


Preparation

BECKY
Voyager Name

9/4/24
Date

BRANDI / CHELSEA
Practitioner Name



Guided Journey

#1

Becky
Voyager Name

7/5/24
Date

Brandi / Chelsea
Practitioner Name



Journey Record

Voyager: Becny
Interviewer: Brandi / Olsen

Date: 9/5/24 Case #
Start Time: End Time:

ADMINISTRATION

- ☒ Voyager has cleared their mind before the ceremony
- ☒ Voyager has final version of intention
- ☒ Voyager makes final statement of readiness

Time of Voyager's last meal: previous PM
Stress Level: 1 2 3 4 5 6 7 8 9 10

SACRAMENT

Dose:	<u>2 grams</u>		
Strain:	<u>Shanti</u>		
Method:	<input checked="" type="radio"/> Tea	<input type="radio"/> Capsule	<input type="radio"/> Tincture
	Raw	Other:	
Tea:	Temp:	Steep Time: <u>2 min</u>	
Additives:	<u>Levon</u>		

TIME

10:39	Consumption Began
10:46	Consumption Finished
10:57	Onset Time
11:55	Booster (Optional)
<u>Booster - 1 gram</u> <u>@ time of booster,</u> <u>Becny sees halo</u> <u>on me (prior) and</u> <u>butterfly wings on</u> <u>Brandi's Floor</u> <u>moving.</u> <u>Feels a light to her</u> <u>right, like it is trying</u> <u>to invite her in, tell</u> <u>her something.</u> <u>↳ Threshold?</u>	

Intentions

"Acceptance of the unknown."



Journey Record

Voyager: Becny
Interviewer: Brandi / Olsen

Date: 9/5/24 Case #
Start Time: End Time:

ADMINISTRATION

- ☒ Voyager has cleared their mind before the ceremony
- ☒ Voyager has final version of intention
- ☒ Voyager makes final statement of readiness

Time of Voyager's last meal: previous PM

Stress Level: 1 2 3 4 5 6 7 8 9 10

SACRAMENT

Dose:	2 grams		
Strain:	Shakti		
Method:	<input checked="" type="radio"/> Tea	<input type="radio"/> Capsule	<input type="radio"/> Tincture
	Raw	Other:	
Tea:	Temp:	Steep Time: <u>2 min</u>	
Additives:	Lemon		

TIME

10:39 Consumption Began
10:46 Consumption Finished
10:57 Onset Time
11:55 Booster (Optional)

Booster - 1 gram
@ time of booster,
Becny sees halo
on me (prior) and
butterfly wings on
Brandi's Floor
moving.

Feels a light to her
right, like it is trying
to invite her in, tell
her something.
↳ Threshold?

Intentions

"Acceptance of the unknown."

Date: 9/5/24 Case #

TIME

Benny came out asking for Chelsea & Jane

Asked Chelsea to sit w/ her.

"these tears aren't mine"

"My grandmothers were so misunderstood"

Asked to be alone again.

Triggered by figurine on shelf r/t brother's attempted suicide.

@ End of session 2/450 after glow/coming down

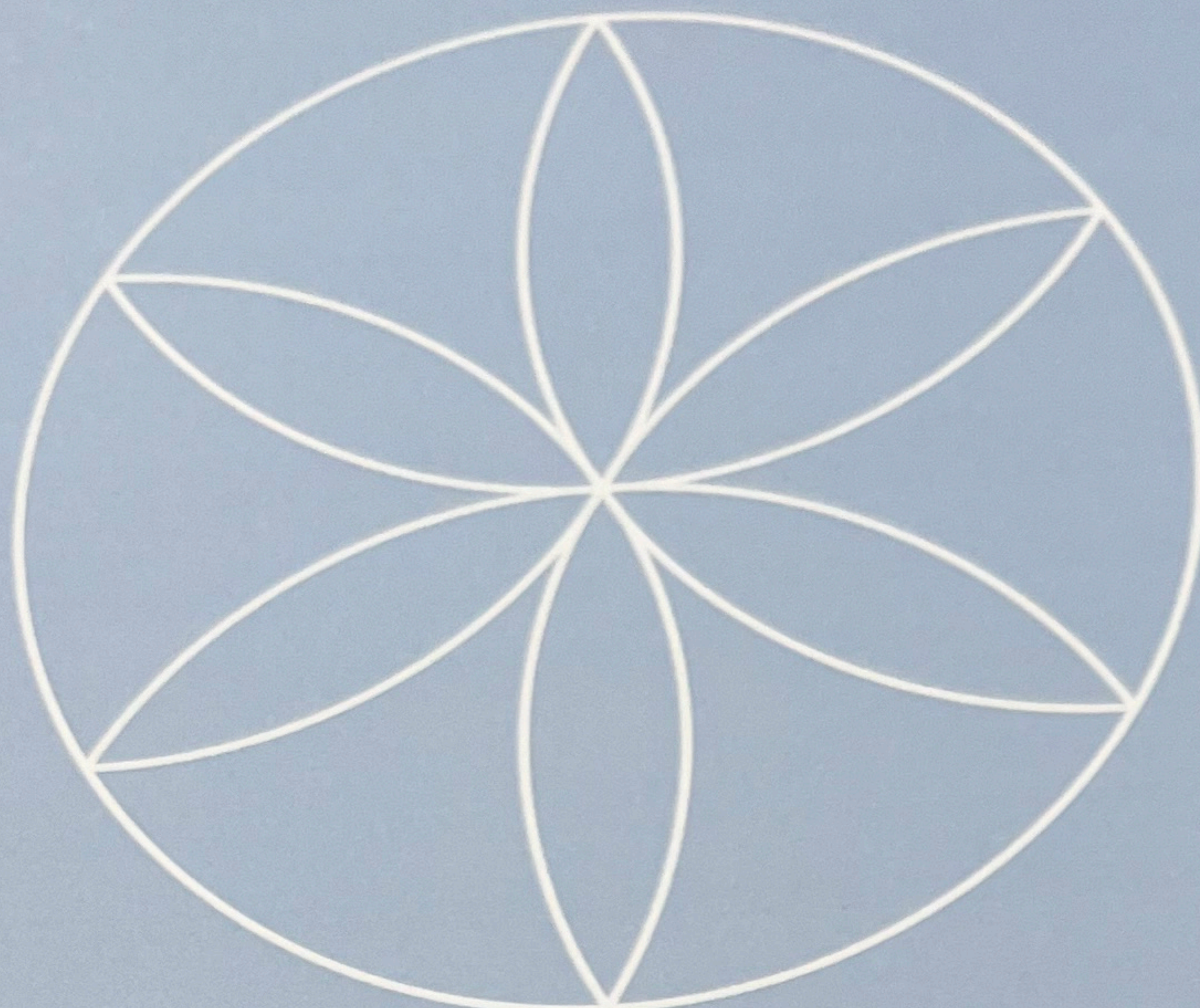
"I was brought back to the birth of my children"

1455 "It was a good, happy experience, but it let me know that was my purpose then, not necessarily now"

TIME



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Integration

Becky

Voyager Name

9/18/24

Date

Brandi / Chelsea

Practitioner Name

Mind more open to adventure
"Quiet, thinking about things quietly
rather than anxiously talking about."

→ "Noise melts away, opens up space
for your own thoughts."

No anxiety right now. I'm not
solving thing, I'm just thinking.

→ "Micro changes are actually HERE."

Sept. 26th - next session (tentative)

Jeremy + Becky? - see each other
during session
or not?

- Uber -

wondering on embracing unknown
going through the midlife

How to go forward? Wanting to chase
your youth a bit

Feeling flat the past few weeks

No huge highs or lows

Very introspective, lots to process
Hesitant to do it again

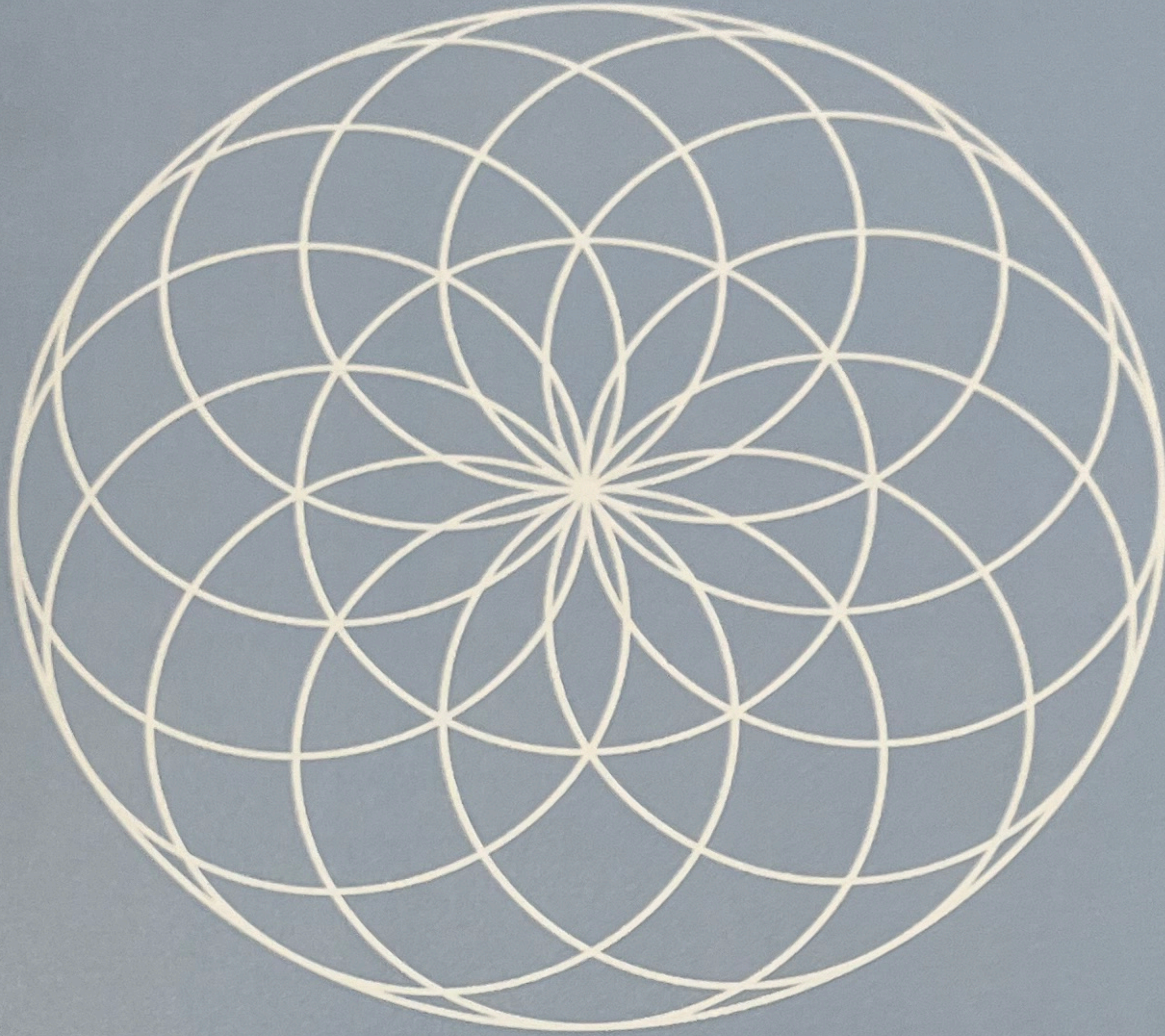
Expectation vs. reality

"Getting used to the mundane"

3.5?

Bringing journal, essential oils 10 Apr

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Guided Journey

2

BECKY
Voyager Name

7/26/24
Date

CHELSEA / BRANDI
Practitioner Name

Journey Record



Voyager: BECKY

Interviewer: CHELSEA / BRANDI

Date: 9/26/24 Case #

Start Time: 10 AM End Time:

ADMINISTRATION

- ☒ Voyager has cleared their mind before the ceremony
- ☒ Voyager has final version of intention
- ☒ Voyager makes final statement of readiness

Time of Voyager's last meal: previous PM

Stress Level: 1 (2) 3 4 5 6 7 8 9 10

SACRAMENT

Dose:	<u>3.5g</u>		
Strain:	<u>Shakti</u>		
Method:	<input checked="" type="radio"/> Tea	<input type="radio"/> Capsule	<input type="radio"/> Tincture
	<input type="radio"/> Raw	<input type="radio"/> Other:	
Tea:	Temp: <u>465</u>	Steep Time:	<u>20 min</u>
Additives:	<u>Lemon, ginger, honey</u>		

TIME

1050 Consumption Began
1105 Consumption Finished
1124 Onset Time "something different"
Booster (Optional)

1127 - Visuals on TV - forest
1128 - Effects intensifying

* checking @ 1145

1145 - CPPK stepped out
"Do not disturb" sign
on door, Becky to
change when away
for others in room

1255

Intentions

"I have embraced the unknown, and I am comfortable with the twists of life"

Date: _____

Case # _____



TIME

F/U -

after 1st - felt down

2nd - "more at
peace, calm"

"Don't feel down
anymore"

"Bitter with
changes of life"

"Jeremy's next
sooner than
mine"

Moving December 15th

3 months sober at
end of this week
no cravings.

TIME

"the journey" It's all
just so fucking
boring!!"

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